

Winter Menu.

WEEK 1.

	Breakfast 7:45-8:45am	Snack 10-10:20am	Dinner 11:45am	Snack 2-2:20pm	Tea 4:30pm
Monday	Cheerios/ Shreddies/ Weetabix/ rice crispies With chopped apple Fresh water to drink	Melba toast topped with hummus (rice cakes/ milk feed for babies) Fresh water to drink	Spaghetti bolognese served with a side of broccoli, garlic bread and sprinkle of cheese (or meat substitute) Yoghurt Fresh water to drink	Option of a piece of fruit or vegetable: Pear (cut into quarters) Or Carrot (cut into chunky sticks) Fresh water to drink	Baked potato with tuna mayonnaise and sweetcorn (no mayo for babies) Fresh fruit platter Fresh milk to drink
Tuesday	Porridge With berries Fresh milk to drink	Option of a piece of fruit or vegetable: Apple (cut into quarters) Or Peppers (cut into chunky sticks) Fresh water to drink	Haddock and salmon pie served with red cabbage & runner beans Fresh fruit platter Fresh water to drink	Cheese and tomato scones (or cheese & tomato) (milk feed for younger babies) Fresh water to drink	Egg mayonnaise and cress sandwiches (brown bread) (no mayo for babies) Greek yoghurt with blackberry puree Fresh water to drink
Wednesday	Cheerios/ Shreddies/ Weetabix/ rice crispies With banana Fresh water to drink	Salmon paste crackers (wafers/ milk feed for babies) Fresh water to drink	Cheese, butterbean & mushroom cakes, served with potato wedges and raw spinach Lemon drizzle cake (rice pudding for babies) Fresh water to drink	Option of a piece of fruit or vegetable: Cucumber (cut into sticks) Or Orange (cut into quarters) Fresh water to drink	Mini ham and vegetable muffin pizzas (or cheese & veg) Yoghurt Fresh water to drink
Thursday	Buttered toasted muffins With chopped pear Fresh milk to drink	Option of a piece of fruit or vegetable: Orange (cut into quarters) Or Cucumber (cut into chunky sticks) Fresh water to drink	Chicken korma served with white rice, side of cauliflower and pitta (or vegetable & chickpea korma) Shortbread biscuit (baby biscotti for babies) Fresh water to drink	Rice cakes with cream cheese spread (milk feed for younger babies) Fresh water to drink	Vegetable and lentil soup served with wholemeal roll fruit salad and cream Fresh water to drink

Friday	Cheerios/ Shreddies/ Weetabix/ rice crispies With dried fruit Fresh water to drink	Breadsticks with Beetroot yoghurt dip (wafers/ milk feed for babies) Fresh water to drink	Barley stew (made with beef) (or barley and root vegetables) Baked apple and cinnamon Fresh water to drink	Option of a piece of fruit or vegetable: Peppers (cut into chunky sticks) Or Kiwi (cut into quarters) Fresh water to drink	Hummus topped crackers served with carrot and pepper sticks Greek yoghurt with dried fruit Fresh water to drink
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Winter Menu.

WEEK 2.

	Breakfast 7:45-8:45am	Snack 10-10:20am	Dinner 11:45am	Snack 2-2:20pm	Tea 4:30pm
Monday	Porridge With mixed berries Fresh milk to drink	Option of a piece of fruit or veg: Banana (cut into thirds) Or Carrot (cut into chunky sticks) Fresh water to drink	Lentil ratatouille with white pasta Shortbread biscuit (biscotti for babies) Fresh water to drink	Breadsticks with beetroot dip (wafers/ milk feed for babies) Fresh water to drink	Egg and cucumber wraps Yoghurt Fresh water to drink
Tuesday	Cheerios/ Shreddies/ Weetabix/ rice crispies With oranges Fresh water to drink	Melba toast with cream cheese (rice cakes/ milk feed for babies) Fresh water to drink	Cowboy pie (using gammon,) served with carrots and broccoli (or lentil cottage pie) Plain Greek yoghurt with raspberry puree Fresh water to drink	Option of a piece of fruit or veg: Banana (cut into thirds) Or Carrot (cut into chunky sticks) Fresh water to drink	Cheese and pineapple pizza Apples and cream Fresh water to drink
Wednesday	Buttered toast (white) With chopped apple Fresh milk to drink	Option of a piece of fruit or veg: Oranges (cut into quarters) Or Pepper (cut into chunky sticks) Fresh water to drink	Beef goulash served with brown rice and green beans (or meat substitute) Banana and cinnamon rice pudding Fresh water to drink	Rice cakes with hummus spread (milk feed for younger babies) Fresh water to drink	Cream Crackers with fish paste and pepper sticks Plain fromage frais with fresh fruit Fresh water to drink

Thursday	Cheerios/ Shreddies/ Weetabix/ rice crispies With chopped banana Fresh water to drink	Ham and tomato scones (or cheese & tomato) (milk feed for younger babies) Fresh water to drink	Home made fishcakes (cod, yellow fish & salmon) in breadcrumbs, served with potato wedges and baked beans Fresh fruit platter Fresh water to drink	Option of a piece of fruit or veg: Kiwi (cut into quarters) Or Pepper (cut into chunky sticks) Fresh water to drink	Parsnip, butterbean and apple soup with wholemeal roll Greek yoghurt, apple & cinnamon Fresh water to drink
Friday	Buttered crumpets With oranges Fresh milk to drink	Option of a piece of fruit or veg: Apple (cut into quarters) Or Cucumber (cut into chunky sticks) Fresh water to drink	Creamy chicken and leek pie served with peas and sweetcorn (or creamy aubergine and cheese pie) Cherry scone (biscotti for babies) Fresh water to drink	Breadsticks with cream cheese Fresh water to drink	Roast vegetable and red lentil pasta (white) Yoghurt Fresh water to drink

Winter Menu.

WEEK 3.

	Breakfast 7:45-8:45am	Snack 10-10:20am	Dinner 11:45am	Snack 2-2:20pm	Tea 4:30pm
Monday	Cheerios/ Shreddies/ Weetabix/ rice crispies With tinned pineapple in juice Fresh water to drink	Cheese crackers with sliced tomatoes (wafers/ milk feed for babies) Fresh water to drink	Chicken risotto (or butterbean) Fresh fruit platter Fresh water to drink	Option of a piece of fruit or veg: Banana (cut into thirds) Or Cucumber (cut into chunky sticks) Fresh water to drink	Squash and lentil soup with wholemeal bread Pears and cream Fresh water to drink

Tuesday	Buttered toast (wholemeal) With chopped pears Fresh milk to drink	Option of a piece of fruit or veg: Kiwi (cut into quarters) Or Carrot (cut into chunky sticks) Fresh water to drink	Beef lasagne, served with garlic bread and peas (or vegetable and lentil lasagne) Semonlina with dried fruit Fresh water to drink	Melba toast topped with cream cheese (rice cakes/ milk feed for babies) Fresh water to drink	Cous cous and chickpea salad Yoghurt Fresh water to drink
Wednesday	Cheerios/ Shreddies/ Weetabix/ rice crispies With sultanas Fresh water to drink	Melba toast with cream cheese (wafers/ milk feed for babies) Fresh water to drink	Maccaroni, egg & cheese (using wholegrain pasta) Mixed berry crumble and cream (Mixed berries and plain Greek yoghurt for babies) Fresh water to drink	Option of a piece of fruit or veg: Apple (cut into quarters) Or Carrot (cut into chunky sticks) Fresh water to drink	Mini muffin pizzas with cheese and peppers Fresh fruit platter Fresh water to drink
Thursday	Buttered crumpets With oranges Fresh milk to drink	Option of a piece of fruit or veg: Pear (cut into quarters) Or Pepper (cut into 5 sticks per pepper) Fresh water to drink	Sausage and mushroom casserole served with mashed potatoes and carrots (or vegetarian sausage) Cherry scone (baby biscotti for babies) Fresh water to drink	Rice cakes topped with hummus (milk feed for younger babies) Fresh water to drink	Cheese and tomato wraps Plain fromage frais and fresh fruit Fresh water to drink
Friday	Cheerios/ Shreddies/ Weetabix/ rice crispies With chopped bananas Fresh water to drink	Cheese and tomato scones (milk feed for younger babies) Fresh water to drink	Home made fishcakes (cod, yellow fish & salmon) in breadcrumbs, served with potato wedges and baked beans Lemon drizzle cake (Custard for babies) Fresh water to drink	Option of a piece of fruit or veg: Orange (cut into quarters) Or Pepper (cut into chunky sticks) Fresh water to drink	Egg mayonnaise sandwiches (white) with cucumber (no mayo for babies) Fresh fruit platter Fresh water to drink

Winter Menu.

WEEK 4.

	Breakfast 7:45-8:45am	Snack 10-10:20am	Dinner 11:45am	Snack 2-2:20pm	Tea 4:30pm
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Monday	Buttered toasted muffins (white) With oranges Fresh milk to drink	Option of a piece of fruit or veg: Pepper (cut into chunky sticks) Or Apple (cut into quarters) Fresh water to drink	Sweet and sour tofu with noodles (pasta for babies) Plain Greek yoghurt with blueberry puree Fresh water to drink	Melba toast topped with cream cheese (rice cakes/ milk feed for babies) Fresh water to drink	Chicken fajitas & pepper (or cheese & mixed bean) Peaches and cream Fresh water to drink
Tuesday	Cheerios/ Shreddies/ Weetabix/ rice crispies With chopped banana Fresh water to drink	Cheese crackers with sliced tomatoes (wafers/ milk feed for babies) Fresh water to drink	Creamy chicken and leek hotpot served with broccoli (or chicken substitute) Baked apple with cinnamon Fresh water to drink	Option of a piece of fruit or veg: Cucumber (cut into chunky sticks) Or Banana (cut into thirds) Fresh water to drink	Roast vegetable & red lentil pasta (white) Fresh fruit platter with cream Fresh water to drink
Wednesday	Porridge With mixed berries Fresh milk to drink	Option of a piece of fruit or veg: Carrot (cut into chunky sticks) Or Banana (cut into thirds) Fresh water to drink	Beef chilli, served with white rice and carrots (or mixed bean chilli) Jelly with cream Fresh water to drink	Rice cakes topped with hummus (milk feed for younger babies) Fresh water to drink	Parsnip, butterbean and apple soup with wholemeal roll Plain Greek yoghurt with dried fruit Fresh water to drink
Thursday	Cheerios/ Shreddies/ Weetabix/ rice crispies With chopped apple Fresh water to drink	Breadsticks with Greek yoghurt dip (wafers/ milk feed for babies) Fresh water to drink	Tuna and sweetcorn pasta bake (tomato-based sauce) (wholegrain pasta) Ginger cake and custard (Just custard for babies) Fresh water to drink	Option of a piece of fruit or veg: Pepper (cut into chunky sticks) Or Apple (cut into quarters) Fresh water to drink	Baked potato with cheese and beans Fresh fruit platter Fresh water to drink

Friday	Buttered white toast With chopped pear Fresh milk to drink	Option of a piece of fruit or veg: Banana (cut into thirds) Or Cucumber (cut into chunky sticks) Fresh water to drink	Cottage pie (using turkey mince), with sweet potato top, served with green beans (or lentil cottage pie) Fresh fruit and cream Fresh water to drink	Cheese and tomato scones (milk feed for younger babies) Fresh water to drink	Vegetable & sausage pizza (or vegetarian sausage) Poached pears with Greek yoghurt Fresh water to drink
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